LISTING OF THE CLAIMS

The listing of the claims 1-24 as set forth below are intended to replace all prior versions of the claims. Please amend the claims as follows:

1. (Currently Amended) A mattress comprising:

an internal support structure;

an external cladding that surrounds and covers at least a portion of the support structure; and

a mattress vibrating device coupled to a part of the support structure, the vibrating device having a motor that when operating vibrates the part of the support structure and that gradually slows at a controlled rate to a complete stop over a period of time when operation is complete; and

a sleeve mounted within the mattress and coupled to the support structure, the motor being removably housed within the sleeve and its vibrations transmitted through the sleeve to the support structure.

- 2. (Original) A mattress according to claim 1, wherein the motor can be selectively operated at one of at least two different vibration levels.
- 3. (Previously Amended) A mattress according to claim 1, wherein the motor gradually slows to a stop at the controlled rate over the predetermined period of time from each of the at least two different vibration levels when operation of the vibrating device is complete.
- 4. (Original) A mattress according to claim 1, wherein the period of time over which the motor gradually slows to the complete stop is at least about 10 seconds.
- 5. (Original) A mattress according to claim 1, wherein the controlled rate at which the motor gradually slows is a linear, continuous deceleration rate.

- 6. (Original) A mattress according to claim 1, wherein the controlled rate at which the motor gradually slows is a stepped down deceleration rate.
- 7. (Currently Amended) A method of operating a vibrating mattress having a vibrating device with a motor, the method comprising the steps of:

coupling a portion of the vibrating device to a support structure of the mattress; mounting a sleeve within the mattress;

coupling the sleeve to a mattress support structure;

removably sliding the motor into the sleeve such that motor vibrations are transmitted through the sleeve to the support structure;

operating the vibrating device to vibrate the mattress; and

adapting a part of the vibrating device such that vibration of the vibrating device gradually slows to a stop at a controlled rate over a predetermined period of time when the step of operating is complete.

- 8. (Original) A method according to claim 7, wherein the period of time over which the vibrating device gradually slows to the complete stop is at least about 10 seconds.
- 9. (Previously Amended) A method according to claim 7, wherein the step of operating further comprises:

selectively operating the motor at one of at least two different vibration levels, and wherein the vibrating device gradually slows to a stop at the controlled rate over the predetermined period of time from each of the at least two different vibration levels when the step of operating is complete.

10. (Previously Amended) A vibrating mattress comprising: a support structure;

a mattress cladding that surrounds and covers at least a portion of the support structure; and

a vibrating device including a plurality of components, a motor housing substantially encompassing the plurality of components, and a sleeve mounted internal to part of the mattress and coupled with an element of the support structure, the motor housing removably received within the sleeve and arranged to transmit vibrations through the sleeve for vibrating the mattress, the sleeve being water resistant.

11. (Previously Amended) A mattress according to claim 10, further comprising:

a pocket provided within the mattress, the pocket having an opening that exposes a pocket interior to a mattress exterior, the pocket interior being adapted to receive the sleeve therein through the opening.

12. (Canceled)

1156 HW

13. (Canceled)

- 14. (Original) A mattress according to claim 10, wherein the plurality of components includes at least a motor, a vibrating element selectively driven by the motor, and a battery providing power to operate the motor.
- 15. (Previously Amended) A mattress according to claim 10, wherein the sleeve contacts a transmission plate that is in contact with the support structure.
 - 16. (Canceled)

- 17. (Previously Amended) A mattress according to claim 15, wherein the sleeve substantially surrounds and contacts the motor housing of the vibrating device and is in contact with the transmission plate.
 - 18. (Currently Amended) A mattress comprising:

a support structure;

a mattress cladding that surrounds and covers at least a portion of the support structure; and

a self contained vibrating device having an exterior housing received in but slidably removable from a part of the mattress with and a part of the vibrating device coupled with part of the support structure for vibrating the mattress, the vibrating device when operating vibrates the part of the support structure and gradually slows at a controlled rate to a complete stop over a period of time when operation is complete; and

a sleeve having a sleeve interior, the sleeve being mounted within a portion of the mattress and the self contained vibrating device being slidably received within and slidably removable from the sleeve interior.

- 19. (Currently Amended) A mattress according to claim 18, further comprising:
 a pocket mounted within the mattress, wherein the sleeve is self-contained vibrating
 device is slidably received in the pocket and a portion of the vibrating device couples with the support structure.
 - 20. (Canceled)
- 21. (Currently Amended) A mattress according to claim <u>18</u> 20, further comprising:

a pocket mounted within the mattress, wherein the sleeve and the self contained vibrating device are slidably received within the pocket.

22. (Currently Amended) A mattress according to claim 18 20, further comprising:

a transmission plate in contact with the support structure and with the sleeve.

- 23. (Canceled)
- 24. (Canceled)